

SAVAGES ATHLETIC CLUB

THE WEEKLY *CLEFT STICK*



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08/03/2009 - 22/03/2009



HOT NEWS

- We host the Brooks Sportszone time trial league on the 17th March (Tonight). We need assistance with marshals as well as your athletic prowess on the road.
- **Race Cancellations**
 1. Willie Mtolo 21 km on 29 March 2009
 2. Wings 21 km on the 12 April 2009
- RAFFLE draw Tonight see pg 3
- We have some new photos in the gallery see pg 3
- We have new Harp banners which will be displayed at forthcoming events
- Comrades approaches at a rapid rate. See later in this publication for more detail. **LAST CHANCE TO GET LICENCES AS ENTRIES CLOSE ON 31 MARCH 2009.**
- Well done!!! to our Treasurer Debbie - She has competed in and completed her first Marathon

Club Hours

The Club Premises are opened weekly on a Tuesday and Thursday Evening from 17:00.

(Provided the surroundings do not have another function on the same day. i.e. soccer or concert)

Club Hire: R300.00 book @ Bar with Kevin Pretorius

Savages 21.1/10km Challenge 10 May 2009.

54 Days till we host this event.

Thanks to all those who have stepped forward thus far with your help and support.

We still need assistance, so please be in contact with us to offer your services on the day and before

BIRTHDAYS THIS PERIOD

10 th	Sbongiseni Msomi
	Browyn Logan
13th	Mark Balladon
	Ken Duveen
19th	Mark Nicholls
	Laura Brinacombe
22nd	Ross Wood

Many Happy Returns for your special day

Savages Duffel Bag

LAST REMINDER

We have had some interest in the duffel bag as published in week 4. In order to produce at the advertised price, we will require more orders.

It will come in black with the Savages logo on the side. Those interested in purchasing Please contact us, so that an order can be placed

The price quoted was R 190



What do Members of a Club require?

The question gets posed from time to time:
What the club does for us (members).

The Answer can be long and complicated but to keep it simple

- Those that visit the club premises will see the changes to our "home". We have DSTV, a professional sound system, well stocked refreshment station, all for the members to get together and socialize.
- We organize an annual road running event as well as a cross country event. Hosting such events enables members of all clubs to participate in road running events at a reasonable entry fee. Do away with the club structure and professional event organizers will be required to organize these events. The price will not be so reasonable any more
- We organize a monthly club time trial and secured a sponsor Adidas . The 1st event drew about 15 people of which about 9 were non-members. Our 2nd event, had to be cancelled because only Raymond Meyer arrived. Apologies to Raymond for cancelling. This event has now been put on hold.
- The Sports Zone Brooks Time Trial League, attracts the cream of Durban and surrounding athletes once a month, yet Savages member turnout is poor.
- Organised talk at club was cancelled due to lack of interest.
- Club long run - only one person has shown interest

SAVAGES AC we have a very proud and rich history and next year is out 50th Anniversary. It is not what the club can do for the members, but what the members can do for each other.

We look forward to your comments and continued support of Savages AC



1-ON-1 Computer Training

Wendy Schutte

wendyschutte@telkomsa.net

Cell: 084 517 0677 / Tel: 031-467 5293

53 Winchelsea Ave, Bluff, Durban, 4052

Our RAFFLE draw is in progress
 This will be drawn at Time Trial on the
 17th March 2009.

The question:
 What month & year does Savages
 celebrate its 50th Anniversary?

Tickets R10.00 (ea)
 Available at the club



<http://www.savagesac.co.za/gallery/index.php>

Latest Headlines

Savages Photo Gallery

Online Photo Album

Last additions



FIRST PUB RUN 2000
 0 views

left to right : John Wisby, George Lucey, Roger Steel,
 Sharon Hodgkinson,
 Kylie Hatton, ?, Wally Steel, Chippy Steel, Marilyn
 Cox, Brian Walsh,
 Wendy Rook, Mike Rook, Don Colborne, Klaus
 Preusse, (farmer) Wally ...
 in front : Yvonne ..., Werner Moolman
 16 Mar 2009



Comrades 2001
 0 views

Wally Steel presented with green number by Bruce
 Fordyce
 16 Mar 2009



Two Oceans Marathon 2006
 0 views

Wally and Chippy Steel presented with double blue
 numbers by Monica Drogemoller
 16 Mar 2009



Chairmen past and present 1998
 0 views

Wally Steel, Rob Simmer, Kevin Bradfield, Clive
 Crawley, Errol Clarke
 16 Mar 2009



FIRST PUB RUN 2000
 0 views

back : Brian Walsh, Mike Rook, Lindsay Clive-Smith,
 George Lucey,
 Graham ..., Klaus Preusse, Kylie Hatton
 middle : Roger Steel, Wally Steel, Chippy Steel,
 Sharon Hodgkinson
 front : Marilyn Cox, ?, Armando Areias
 16 Mar 2009



FIRST PUB RUN 2000
 0 views

left to right : Kylie Hatton, Roger Steel, Brian Walsh,
 Klaus Preusse,
 Wally Steel, Mike Rook, Werner Moolman, Lindsay
 Clive-Smith
 16 Mar 2009



FIRST PUB RUN 2000
 0 views

front left to right : Brian Walsh, Werner Moolman,
 Yvonne ..., Wally Steel,
 Armando Areias, Raymond Meyer, Marilyn Cox
 behind left to right : Kylie Hatton, Mike Rook, George
 Lucey, Chippy Steel,
 Roger Steel
 16 Mar 2009



FIRST PUB RUN 2000
 0 views

back : Brian Walsh, Wally Steel, Kylie Hatton, Roger
 Steel, Chippy Steel
 Klaus Preusse
 front : Werner Moolman, George Lucey
 16 Mar 2009

Thanks to those who continue to capture our Club's history in photos. There are now 306 pictures hosted on our site. If you can contribute current or old photos of our history, we would welcome them on the Gallery. Thanks to Chippy Steel for the latest additions.

Argus Cycle Participants

Congratulations to the following people for completing this amazing event.

- Alex Jeffery
- Sharon Hodgkinson
- Jan Meyer
- Wendy Rook
- Mike Rook

Bufs Marathon

- Karen Geldard
- George Lucey

More Two Oceans and Comrades Qualifiers

- Nikki Pereira
- Lourens Grobler

Race Results

Mondi 21km R/10km R/W, Canon Richards Bay AC
 21.1km

Pos	Name	T	Licence	Cat	Time
52	Buthelezi	T	275	Open	1:39:06

Battlefields 5-in-1
 42.2km

Pos	Name	Licence	Cat	Time
17	Kempen C	34	Open	3.36.10

The Calendar: At a glance

More details can be obtained from

<http://www.savagesac.co.za/webcalendar/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
01 (Week 09) 5:30am» VAC Challenge	02 See 15th March closing date	03 6pm» Adidas Time Trial League	04	05 7pm» Committee Meeting	06	07
08 (Week 10) 6am» Umgeni Water Marathon	09	10 6:30pm» Total Sports Pavillion	11	12 7pm» Talk	13 6pm» Cross Country	14
15 (Week 11) 5am» PostNet Maritzburg Marathon	16	17 5pm» Sports Zone Brooks TT League	18	19	20	21 Public Holiday
22 (Week 12) 5am» Boxer Stella Royal	23	24	25	26	27	28
29 (Week 13) Arthur Cresswell Memorial Marathon	30	31				

April 2009 Public Access

Category: All

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02 7pm» Committee Meeting	03	04
05 (Week 14) 6am» Midlands Meander Marathon 6am» Oasis Crescent Challenge	06	07 6pm» Adidas Time Trial League	08	09	10 5am» Public Holiday	11 5am» Club Long Run
12 (Week 15)	13 5am» Public Holiday	14	15	16	17	18
19 (Week 16) 6am» Dick King 6am» Cavanagh Marathon	20	21	22 6pm» Sports Zone Brooks TT League	23	24	25
26 (Week 17) 6am» Chatsworth Freedom Marathon	27 5am» Public Holiday	28	29	30		

4 March 2009

Dear Comrades Runner- Never has it been so easy

With just 38 chances remaining to qualify for the 2009 Comrades Marathon, never has it been so easy to qualify, enter, train and prepare to participate in The Ultimate Human Race which will be run on Sunday 24 May 2009 from Durban to Pietermaritzburg.

With the race being staged three weeks earlier than usual, the Closing Date for Entries has been brought forward to 31 March 2009, thus falling ahead of many popular and traditional qualifying races. To accommodate this CMA has implemented a dispensation whereby prospective

ENTRANTS MUST SUBMIT THEIR ENTRIES BY 31 MARCH, but may still qualify in official qualifying races up until a final cut-off for qualifying on 28 April.

Official finishers of the 2008 Comrades Marathon automatically qualify to enter this year. In addition official finishers of local and international Ironman endurance events automatically qualify if the event was run during the period 15 June 2008 to 28 April 2009, as well as official finishers of the Cape Odyssey and Kalahari Extreme Marathon during the same period.

CLOSING DATE FOR ENTRIES – Strictly 31 March 2009

Methods of Entry

Runners may submit their entries by anyone of the following methods:

Online Entries – Enter online at www.comrades.com - please note that in order to enter online you will require either a VISA or Master Credit Card.

- **Drop-off at any Mr Price Clothing & Sport Stores** – You may pay and enter at a till point at any store countrywide during trading hours by 31 March 2009.
- **Comrades Marathon House** – you may hand deliver your entry to Comrades Marathon House in Pietermaritzburg no later than 18h00 on 31 March 2009.
- **Postal Entries** – Post your entry together with payment to Comrades Marathon, PO Box 843, Pietermaritzburg 3200. Payment may be done by cheque, postal order or direct deposit. Postal entries must be postmarked by the Post Office by 31 March 2009.
- **Direct Deposit** - Entry Fees may be paid into any Nedbank branch countrywide and the Original Deposit Slip must be posted together with the entry form. CMA bank details are: Nedbank, Branch Code 130526, Account Number 1305846559.
- **Payments by cheque, postal order or direct deposit** - must be made payable to the Comrades Marathon Association.

Drop-off at Sahara Stadium, Kingsmead – you may hand deliver your entry to the Ticket Office at Sahara Stadium, Kingsmead on 31 March 2009 ONLY between 07h00 – 18h00.

COMRADES MARATHON MEDIA RELEASE 2009/13
HPC & SUSPI TO HOST INVALUABLE BONITAS COMRADES NOVICE SEMINARS

Early this year CMA announced an innovative project aimed at aspiring or first-time Comrades Marathon runners.

The Bonitas Comrades Novice Project is sponsored by Bonitas Medical Fund, South Africa's top medical aid brand and a major sponsor of the Comrades Marathon, and presented by Runner's World Magazine, South Africa's premier magazine for serious and recreational runners.

The objective of the initiative is to encourage and empower aspiring Comrades Marathon runners with the scientific information and technical support they require to achieve their goals.

The project is mainly internet based and is available at www.runnersworld.co.za.

At the touch of a finger, runners can access a wealth of invaluable information and advice from the official Comrades Coach Lindsey Parry, as well as a panel of experts dealing with a wide range of relevant subjects. They are also able to join a vibrant interaction with other novice runners and experienced Comrades campaigners.

CMA is now proud to announce the launch of phase two of the project – the staging of two Bonitas Comrades Novice Seminars at which novices will have the opportunity to interact personally with real live experts and fellow runners.

The Bonitas Comrades Novice Seminars are also brought to you by Runners World Magazine and will be hosted by the University of Pretoria's High Performance Centre and the Stellenbosch University Sport Performance Institute. Both will feature a panel of leading sports scientists who are experts in the fields of training, nutrition, motivation, psychology and injury prevention.

Dates and venues for the Bonitas Comrades Novice Seminars are as follows:

Tuesday 17 March at 19h00 : High Performance Centre, University of Pretoria

Saturday 28 March at 09h00 : Stellenbosch University Sport Performance Institute

Entry is free and all prospective Comrades Marathon runners are welcome to attend.

Race Director, Renee Jordaan encourages prospective Comrades Marathon runners in the Western Cape and Gauteng to take full advantage of the opportunity to participate in these invaluable seminars. "We are grateful to Bonitas, Runners World, Pretoria University's HPC and SUSPI for enabling us to make available such a wealth of expertise and experience to our runners," said Jordaan. "Running your first Comrades Marathon can certainly be a daunting experience , but never has it been so easy to access authoritative information and advice."

Statement Released Monday, 9 March 2009

Issued by Comrades Marathon, for further information contact

Comrades Marathon on 033 8978650

Kind regards

Katia Jones

Comrades Marathon Association